

# Vegetable Beef Soup

For me, it's difficult to imagine vegetable beef soup tasting wrong. And yet what comes out of can is often wrong for some reason. Canned soups seem to rely on tomatoes, which can make the soup more acidic than necessary. Either beef or turkey burger can be used. Vegetable beef soup uses up leftover bits of vegetables, or brings life back to formerly wilted fresh produce. Allow to simmer for part of the day. Filling the icy winter chill with the aroma of good food, combining healing properties. Pick your favorite vegetables, and enjoy the warmth they create in your life!

## Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1.5 hours later, when meal should be ready to eat

## Meal Adaptations:

### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

Contrasting color handled knives

## Potential Food Allergy or Intolerance:

Beef

Chicken

Gravy packet or can (may contain gluten)

Mushrooms

Onions

Pepper

Potatoes

Spices

Tomatoes

Turkey

**Meatless Preparation Avoid:**

Beef  
Chicken  
Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Can Opener  
Pot holders  
Wooden Spoon  
Pan: 8 or 10 quart pan

**Ingredients:**

**Meat: Choose 2 pounds of:**

Beef burger  
Turkey burger  
Optional:  
10 ounces of chicken

**Vegetables:**

7.5 ounces of corn  
7.5 ounces of green beans  
7.5 ounces of peas  
7.5 ounces of potatoes (diced or sliced)  
Optional:  
4 ounces of mushrooms  
1/4 cup of onions  
7.5 ounces of squash  
2 tablespoons of tomato juice or paste

**Other ingredients:**

Dash of salt  
Spices, such as pepper, to taste  
Optional:  
Beef gravy packet (gluten free), or  
Beef broth (gluten free)

**Preparation time: 10 minutes**

## Preparation:

### Vegetables:

#### 1. Open cans, or slice fresh vegetables:

7.5 ounces of corn

7.5 ounces of green beans

7.5 ounces of peas

7.5 ounces of potatoes (diced or sliced)

#### Optional:

4 ounces of mushrooms

1/4 cup of onions

7.5 ounces of squash

2 tablespoons of tomato juice or paste

### Meat:

#### 1. Brown the 2 pounds of burger meat in the 8 to 10 quart pan on medium heat.

Turkey burger may need vegetable oil to fry without burning.

### Combine:

#### 1. Add to 2 pounds of cooked burger

7.5 ounces of corn

7.5 ounces of green beans

7.5 ounces of peas

7.5 ounces of potatoes (diced or sliced)

Dash of salt

Spices, such as pepper, to taste

#### Optional:

Beef gravy packet (gluten free), or

Beef broth (gluten free)

10 ounces of chicken

4 ounces of mushrooms

1/4 cup of onions

7.5 ounces of squash

2 tablespoons of tomato juice or paste

#### 2. Heat to a light boil while stirring.

#### 3. Turn down from medium heat to low heat.

#### 4. Allow to simmer for about an hour, stirring every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1.5 hours

**Servings: 8 to 10**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the  
fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**